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By *ADAM FITZ-ADAM.*

To be continued every THURSDAY.

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DURING the courſe of theſe my labours, there is nothing that I have applied myſelf to with more diligence and attention, or that I have hoped for with greater pleaſure and delight, than the reformation of the fair ſex. Their dreſſing, gaming and painting have been from time to time the ſubjects of my animadverſions. Happy indeed ſhould I have been, if my ſucceſs had borne any proportion to my zeal; but as my philoſophy has taught me to bear with patience thoſe evils which I cannot redreſs, I am contented, under certain limitations, to wink at thoſe enormities which I wanted to have removed. In regard to dreſs, I conſent that the faſhion ſhall continue as it now is; but I enter my proteſt againſt abſolute nakedneſs: for while I am conniving at low ſtays and ſhort petticoats, I will permit no lady whatſoever (as a brother eſſayiſt very wittily has it) *to make both ends meet.*

I conſent alſo to the preſent faſhion of curling the hair, ſo that it may ſtand a month without combing; though I muſt confeſs (and I believe moſt huſbands and lovers are of my opinion) that I think a fortnight or three weeks might be a ſufficient time: but I bar any application to thoſe foreign artiſts, who advertiſe in the public papers that they have the ſecret of making up a lady's head for a complete quarter of a year. As to gaming, I permit it to go on as it does, provided that the ladies will content themſelves with injuring their huſbands in no other reſpect than by ruining their fortunes. Painting likewiſe I ſubmit to; and indeed as cards and late hours have ſo totally deſtroyed the natural complexion, it is not altogether unreaſonable that a little art ſhould be introduced to repair it. But to make this art as little hurtful as poſſible to the health, the breath, the teeth and the ſkin of thoſe who practice it, I have conſulted almoſt every author both ancient and modern, who has written on the ſubject. The moſt ſatisfactory of theſe authors is Jo. Paul Lomatius, a painter of Milan. His works were tranſlated by Richard Haydock of New college, Oxford, in the year 1598. In the third book of which are the following obſervations, which the author calls *a diſcourſe of the artificial beauty of women.*

" HAVING intreated of ſo many and divers thinges, " I could not but ſay ſomething of ſuch matters as wo- " men uſe ordinarily in beautifying and embelliſhing their " faces; a thing well worth the knowledge: inſomuch " as many women are ſo poſſeſſed with a deſire of help- " ing their complexions by ſome artificial meanes, that " they will by no meanes be diſſwaded from the ſame.

" Now the things which they uſe are theſe, viz. " ointments of divers ſorts, powders, fatts, waters, " and the like: whereof Jo. Modoneſe, doctor of phy- " ſic, hath written at large, in his book intitled the or- " naments of women, wherein he teacheth the whole " order of beautifying the face.

" Now,

" Now my intent in this treatiſe is only to diſcover " the natures of certain things which are in daily uſe " for this purpoſe: becauſe it often falleth out, that in- " ſtead of beautifying, they do moſt vilely disfigure " themſelves. The reaſon whereof is, becauſe they are " ignorant of the natures and qualities of the ingredients. " Howbeit, partly by my directions, and partly by Mo- " doneſe's book, I hope to content and ſatisfy them in " all ſuch ſort, that they ſhall have juſt cauſe to thank " us both: and in truth, for their ſakes have I ſpecially " undertaken this paines, by teaching them to under- " ſtand the natures of the minerals, vegetables and ani- " mals, which are moſt applied to this uſe. So that if " any ſhall henceforth fall into the inconveniencie after " ſpecified, their own perril be it. And firſt, concern- " ing ſublimate.

" *Of* SUBLIMATE, *and the bad effects thereof.*

" DIVERS women uſe ſublimate diverſly prepared for " encreaſe of their beauty. Some bray it with quickſil- " ver in a marble mortar with a wooden peſtle, and this " they call *argentatum*; others boyl it in water, and " therewith waſh their face; ſome grind it with poma- " tum, and ſundry other waies; but this is ſure, that " which way ſoever it be uſed, it is very offenſive to " man's fleſh, and that not only to the face, but unto " all the other parts of the body beſides; for proof " whereof, ſublimate is called *dead fier:* becauſe of it's " malignant and biting nature: the compoſition whereof " is of *ſalte*, *quickſilver* and *vitriol*, diſtilled together in " a glaſſen veſſell.

" THIS the chirurgions call a corroſive, becauſe if it " be put upon man's fleſh, it burneth it in a ſhort ſpace, " mortifying the place, not without great pain to the " patient. Wherefore ſuch women as uſe it about their " face, have always black teeth ſtanding far out of their " gums like a Spaniſh mule, an offenſive breath, with a " face half ſcorched, and an unclean complexion: all

" which

" which proceed from the nature of ſublimate: ſo that " ſimple women, thinking to grow more beautiful, be- " come disfigured, haſtening old age before the time, " and giving occaſion to their huſbands to ſeek ſtrangers " inſtead of their wives: with divers other inconve- " niencies.

" *Of* CERUSSE, *and the effects thereof.*

" THE ceruſſe, or white lead, which women uſe to " better their complexion, is made of lead and vinegar, " which mixture is naturally a great drier; ſo that thoſe " women which uſe it about their faces, doe quickly be- " come withered and grey-headed, becauſe this doth ſo " mightily dry up the natural moyſture of their fleſh: " and if any give not credit to my report, let them but " obſerve ſuch as have uſed it, and I doubt not but they " will eaſyly be ſatisfied.

" *Of* PLUME ALUME.

" THIS alume is a kind of ſtone, which ſeemeth as it " were made of tow, and is of ſo hot and dry a nature, " that if you make the wicke of a candle therewith, it is " thought it will burn continually without going out; a " very ſtrange matter, and beyond credit. With this, " ſome uſe to rub the ſkin off their face, to make it " ſeem red by reaſon of the inflamation it procureth; " but queſtionleſſe it hath divers inconveniencies, and " therefore to be avoided.

" *Of the* JUICE *of* LEMONS.

" SOME uſe the juice of lemons about their face, not " knowing the evil qualities thereof: for it is ſo forcible, " that it diſſolveth the hardeſt ſtones into water, and " there is nothing which ſooner diſſolveth pearl than it. " Now if it can diſſolve ſtones in this manner, what " think you will it do upon man's fleſh? Wherefore I " exhort all women to eſchewe this and the like fretting " and wearing medecines.

" *Of the* OYL *of* TARTARIE.

" THERE is no ſtronger fretter and eater than the oyl " of tartarie, which in a very ſhort time mortifieth a

wound

" wound, as well as any other cauſtic or corroſive; and " being ſo ſtrong a fretter, it will take any ſtain or ſpot " out of linen or woollen cloth: wherefore we may eaſily " think, that if it be uſed about the face, it will work " the like effects on the ſame, by ſcorching and harden- " ing it ſo, that in many days it will not return to the " former ſtate.

" *Of the* ROCKE ALUME.

" ROCKE alume doth likewiſe hurt the face, inſomuch " as it is a very piercing and drying mineral, and is uſed " in ſtrong water for the diſſolving of metals, which " water is made only of rocke alume and ſal nitrum di- " ſtilled, and is found to be of that ſtrength, that one " drop thereof being put on the ſkin, burneth, ſhrivel- " eth and parcheth it, with divers other inconveniencies, " as looſing the teeth, &c.

" *Of* CAMPHIRE.

" CAMPHIRE is ſo hot and drie, that coming any- " thing neere the fier, it ſuddenly taketh fier, and burn- " eth moſt vehemently. This being applied to the face, " ſcaldeth it exceedingly, cauſing a great alteration, by " parching of the ſkinne, and procuring a fluſhing in the " face; and in this the women are very much deceaved.

" *Of all ſuch things as are enemies to the health, and* " *hurtful to the complexion.*

" ALL thoſe paintings and embelliſhings which are " made with minerals and corroſives, are very dange- " rous; for being laid upon the fleſh, eſpecially on the " face of a woman, which is very tender and delicate by " nature (beſides the harm they doe to the natural " beauty) doe much prejudice the health of the body: " for it is very certain that all paintings and colourings " made of minerals or half minerals, as iron, braſs, lead, " tinn, ſublimate, ceruſſe, camphire, juice of lemons, " plume alume, ſalt peeter, vitriol, and all manner of " ſaltes and ſortes of alumes (as hath bin declared) are " very offenſive to the complexion of the face; where- " fore if there be no remedy, but women will be med-

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